



Northampton Parks & Recreation Aquatic and Family Center



located at JFK Middle School, 100 Bridge Rd., Florence, MA

POOL SCHEDULE July 2022

- Check schedule carefully. Call ahead to inquire about lane availability.
- All local and state COVID regulations must be followed. Do not attend if you do not feel well.
- Proper swimming attire is required, no cotton clothing.
- Weekday morning policy: Swimmers leaving **MUST** exit pool area by 9:00 am, including those using locker rooms, through pool deck glass doors. All must be out of the building by 9 am.

MONDAY

6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
7:45 - 9:00 am - Lap swim (3 Lanes) / Open Swim / with Diving Board
4:00 - 6:00 pm - Lane Rental (1 Lane)
4:00 - 6:00 pm - Lap swim (3 Lanes) / Open swim / NO Diving Board
6:00 - 7:00 pm - Aqua Fitness / Shared Open swim / NO Diving Board
7:00 - 7:30 pm - Lap swim (3 Lanes) / Open swim / with Diving Board

TUESDAY

6:45 - 7:45 am Masters' Swim Class (6 lanes) / NO Lap swimming
7:45 - 9:00 am - Lap swim (3 Lanes) / Open Swim / with Diving Board
4:00 - 5:30 pm - Lap swim (4 Lanes) / Open swim NO Diving Board
5:30 - 7:30 pm - Lifeguarding / Shared Open swim / NO Diving Board
5:30 - 7:30 pm - Lap swim (3 Lanes)

WEDNESDAY

6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
7:45 - 9:00 am - Lap swim (3 Lanes) / Open Swim / with Diving Board
4:00 - 5:15 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board
5:15 - 6:00 pm - Water Aerobics / Lap swim (3 Lanes) / Shared Open swim /
NO Diving Board
5:30 - 7:30 pm - Lifeguarding / Shared Open swim / NO Diving Board
6:00 - 7:30 pm - Lap swim (3 Lanes)

THURSDAY

6:45 - 7:45 am Masters' Swim Class (6 lanes) / NO Lap swimming
7:45 - 9:00 am - Lap swim (3 Lanes) / Open Swim / with Diving Board
4:00 - 5:30 pm - Lap swim (4 Lanes) / Open swim NO Diving Board
5:30 - 7:30 pm - Lifeguarding / Shared Open swim / NO Diving Board
5:30 - 7:30 pm - Lap swim (3 Lanes)

FRIDAY

6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
7:45 - 9:00 am - Lap swim (3 Lanes) / Open Swim / with Diving Board
4:00 - 5:30 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board
5:30 - 7:30 pm - Lifeguarding / Shared Open swim / NO Diving Board
5:30 - 7:30 pm - Lap swim (3 Lanes)

SATURDAY & SUNDAY: CLOSED until a weekend custodian is hired
AFC IS CLOSED: Monday July 4 for Independence Day

OPEN SWIM: The diving board, where indicated, and 3 lanes are open for leisure swim.

LAP SWIM: Designated lanes for swimming laps and aquatic fitness use ONLY.

LAP SWIMMING ETIQUETTE; PLEASE READ: Lap lanes are available for adults (16 years or older). When swimming alone, you have the entire lane; 2 people split the lane; 3 or more swim in circles: up one side and down the other. Speed is not important; faster people will pass slower people and everyone works at their own pace. Please inform all other swimmers when you join a lane, to

Updated 7/4/22

FOR MORE INFORMATION
& TO REGISTER



OPEN YOUR CAMERA APP ON YOUR PHONE
& FOLLOW THE PROMPT

Aquatic & Family Center .
413-587-1046
Parks & Rec Office .
413-587-1040
[www.northamptonma.gov/
recreation](http://www.northamptonma.gov/recreation)



JFK Pool Calendar July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Daily Pool/Lap/Open Swim Fees Resident: Adult / Senior / Youth: \$5.00 Non-Resident: Adult / Senior / Youth: \$8.00				
3	4	AFC CLOSED (Independence Day)	5 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes) / Open Swim (with Diving Board) 7:45-9am H2O Aerobics 7:40am Lap (3 Lanes) / Open Swim (with Diving Board) 7:45-9am Open Swim (NO Diving) 4:00-5:30pm Lifeguarding 5:30-7:30pm Lap(3 Lanes) 5:30-7:30pm Shared Open Swim (No Diving) 5:30-7:30pm	6 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes) 7-7:45am H2O Aerobics 7-7:40am Lap (3 Lanes) / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:00-5:30pm Open Swim (NO Diving) 4:00-5:30pm Lifeguarding 5:30-7:30pm H2O Aerobics 5:15-6pm Lap(3 Lanes) 5:15-7:30pm Lifeguarding 5:30-7:30pm Shared Open Swim (NO Diving) 6-7:30pm	7 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:00-5:30pm Open Swim (NO Diving) 4:00-5:30pm Lifeguarding 5:30-7:30pm Lap(3 Lanes) 5:30-7:30pm Shared Open Swim (No Diving) 5:30-7:30pm	8 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:00-5:30pm Open Swim (NO Diving) 4:00-5:30pm Lifeguarding 5:30-7:30pm Lap(3 Lanes) 5:30-7:30pm Shared Open Swim (No Diving) 5:30-7:30pm
10	11	AFC CLOSED	12 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am H2O Aerobics 7-7:40am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Open Swim (NO Diving) 4:00-5:30pm Lifeguarding 5:30-7:30pm Lap(3 Lanes) 5:30-7:30pm Shared Open Swim (No Diving) 5:30-7:30pm Masters (6 Lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm	13 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes) 7-7:45am H2O Aerobics 7-7:40am Lap (3 Lanes) / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm H2O Aerobics 5:15-6pm Lap(3 Lanes) 5:15-7:30pm Lifeguarding 5:30-7:30pm Lap(3 Lanes) 5:15-7:30pm Shared Open Swim (No Diving) 5:30-7:30pm	14 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:00-5:30pm Open Swim (NO Diving) 4:00-5:30pm Lifeguarding 5:30-7:30pm Lap(3 Lanes) 5:30-7:30pm Shared Open Swim (No Diving) 5:30-7:30pm	15 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:00-5:30pm Open Swim (NO Diving) 4:00-5:30pm Lifeguarding 5:30-7:30pm Lap(3 Lanes) 5:30-7:30pm Shared Open Swim (No Diving) 5:30-7:30pm
17	18	AFC CLOSED	19 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am H2O Aerobics 7-7:40am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Open Swim (NO Diving) 4:00-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm	20 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes) 7-7:45am H2O Aerobics 7-7:40am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm H2O Aerobics 5:15-6pm Lap(3 Lanes) 5:15-7:30pm	21 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:00-5:30pm Open Swim (NO Diving) 4:00-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm	22 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:00-5:30pm Open Swim (NO Diving) 4:00-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm
24	25	AFC Closed	26 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes) 7-7:45am H2O Aerobics 7-7:40am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:00-5:30pm Open Swim (NO Diving) 4:00-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm	27 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes) 7-7:45am H2O Aerobics 7-7:40am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm H2O Aerobics 5:15-6pm Lap(3 Lanes) 5:15-7:30pm Open Swim (with Diving) 5:30-7:30pm	28 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:00-5:30pm Open Swim (NO Diving) 4:00-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm	29 Masters (6 Lanes) 6:45-7:45am Lap (3 Lanes) 7-7:45am H2O Aerobics 7-7:40am Lap (3 Lanes / Open Swim (with Diving Board) 7:45-9am Lap(4 Lanes) 4:00-5:30pm Open Swim (NO Diving) 4:00-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm
31		AFC Closed				Revised 7/7/22

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